

1 ABSTRACT OF THE DISCLOSURE

2 An exercise assembly designed to exercise the upper body
3 including the arms, shoulders, upper back and muscles associated
4 therewith. The exercise assembly is thereby particularly, but not
5 exclusively, adapted for use by an injured person or invalid having
6 limited use of the legs and/or lower torso. A track assembly
7 includes two track segments disposed in a convergent configuration
8 and at least partially defining an open end dimensioned to receive
9 a user, when in a seated, substantially upright position, at least
10 partially therebetween. The user accesses two hand grips each
11 linearly and reciprocally along the separate track segments. A
12 resistance assembly includes a line interconnecting the hand grips
13 and an adjustable resistance mechanism engaging the line so as to
14 apply a movement restricting force thereto. An adjustable
15 resistance is thereby applied to the linear, push/pull movement of
16 the hand grips, as applied by the user.